



San Diego Chatter

Volume 2016 Issue 2
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CALIFORNIA STATE RETIREES CHAPTER 17 - SAN DIEGO/IMPERIAL COUNTIES District G

Chapter EMAIL: Chaptr17@gmail.com Chapter WEBSITE: www.CalStateRetirees-Chapter17.info



Chapter 17 - Diane Whorton, President

I was unable attend our meeting on February 4th but it was lead by Vice President Steve Haley. A very special presentation was made to Gene Waggoner, our out-going District Director. He served for 6 years. A warm Welcome Aboard was given to Jay Jimenez who will be serving for the next 3 years.

Steve Haley, and Gene Waggoner

Gaspar Oliveira, Steve Haley, Elaine Yaharus
Gene Waggoner and Jay Jimenez



Our April meeting will be at the Sizzler. – planning in progress.

NEED HELP: Anyone with website skills and interested in helping out with the Chapter website please contact Diane via e-mail at Chaptr17@gmail.com.

Plan Ahead: Our June meeting will have a CalPERS speaker talking about Durable Power of Attorney and other legal documents you need to have completed for yours and your families protection.

CHAPTER MEETING – April 7, 2016

Regular meeting Location:

Sizzler Restaurant, 3755 Murphy Canyon Road, San Diego, CA, (858) 278-6988. Off of I-15 – take AERO DR exit from North or South – go West to Signal -Turn Right. **Go to parking lot behind the building. Entrance to room is at back of building at the parking lot.**

Doors open at 10:30 am. Meeting - 11:00 am to 2:00 pm. Please come early so we can get started on time. **OPEN TO ALL CHAPTER 17 MEMBERS – SALAD BAR LUNCH - MEMBERS MEALS ARE PAID BY THE CHAPTER.**

MARK YOUR CALENDAR

1. **APRIL 5 & 6, 2016 – Lobby Day in Sacramento**
2. **APRIL 7, 2016 – Member Meeting – Sizzler Restaurant Doors open at 10:30 am. Salad Bar – FREE TO ALL MEMBERS - 3755 Murphy Canyon Rd. San Diego, CA**
3. **JUNE 2, 2016 – Member Meeting – Sizzler Restaurant - Doors open at 10:30 am. Salad Bar – FREE TO ALL MEMBERS - 3755 Murphy Canyon Rd. San Diego, CA**
4. **June 28th thru 30th, 2016 – CSR Statewide Committees and Board of Directors Meeting – Costa Mesa Hilton**
5. **AUGUST 4, 2016 – Member Meeting – Sizzler Restaurant Doors open at 10:30 am. Salad Bar – FREE TO ALL MEMBERS - 3755 Murphy Canyon Rd. San Diego, CA**
6. **OCTOBER 6, 2016 – Member Meeting – Sizzler Restaurant - Doors open at 10:30 am. Salad Bar – FREE TO ALL MEMBERS - 3755 Murphy Canyon Rd. San Diego, CA**
7. **October 25th thru 27th, 2016 – CSR Statewide Committees and Board of Directors Meeting – Sacramento Hilton**
8. **DECEMBER 8, 2016 – Chapter 17 HOLIDAY MEETING. Mission Valley Resort – 10:30 to 2:00 pm.**
Mission Valley Resort, 875 Hotel Circle S, San Diego, CA 92108 Phone: (619) 298-8281. I-8 at 163. Hotel Circle exit from either direction on I-8. **OPEN TO ALL CHAPTER 17 MEMBERS**

FOR NEW AND EXISTING MEMBERS ALIKE

Membership applications can be **completed online** at www.CaliforniaStateRetirees.org and go to the JOIN tab. This is a secure website and requires an electronic signature.

Plenty of places to check us out. Two ways to find us

Chapter 17's local website is:
www.CalStateRetirees-Chapter17.info

AND
www.CaliforniaStateRetirees.org Chapters Tab ,
click on 17

Chapter 17's email is:
Chaptr17@gmail.com

CalPERS NEWS

Long Term Care. 42,000 Letters are being mailed regarding long term care plans and rate increases. New rates will take effect July, 2016

Make sure you read them over. If you have questions please call (888) 877-4934

August 14th Post Cards will be mailed to all CalPERS members informing them of paperless communications with CalPERS beginning this year.

IF YOU WANT TO KEEP RECEIVING INFORMATION IN THE MAIL YOU **MUST** SEND THE POSTCARD BACK TO CalPERS.

August 22, 2016 – Online Open enrollment will be available.



SAVE THE DATE –

MARK YOU CALENDAR

HOLIDAY MEETING

2nd Thursday, December 8, 2016

Mission Valley Resort

875 Hotel Circle S, San Diego, CA 92108



MORE INFORMATION TO COME

RECIPE FOR HEALTH

Breaded Pork Chops with Warm Apple-Cabbage Slaw

Recipe courtesy of [Food Network Kitchen](#)

Think of this as a new, healthier (and less messy!) take on pan-fried pork chops and applesauce. We bread these low-calorie, low-fat chops in whole-wheat panko and spray them with cooking spray to get them crispy in the oven. We prefer to use McIntosh or Red Delicious apples, because they soften quicker.



Ingredients

- 1/2 large head green cabbage, cored and cut into 2-inch chunks
- 1 large McIntosh or Red Delicious apple, cut into 1/2-inch chunks
- 2 tablespoons plus 1 teaspoon apple cider vinegar
- 1 tablespoon olive oil
- 3 teaspoons light brown sugar
- Kosher salt and freshly ground black pepper
- 1/4 cup chopped fresh dill (about 1/2 bunch), optional
- 4 thin boneless pork chops (about 1 pound)
- 3 tablespoons sour cream
- 2 teaspoons Dijon mustard
- 1 cup panko bread crumbs
- Cooking Spray

Directions

Adjust oven racks to the top- and lower-third positions and preheat to 425 degrees F. Put a wire rack in a rimmed baking sheet.

Toss the cabbage, apples, 2 tablespoons of the vinegar, [olive oil](#), 2 teaspoons of the [brown sugar](#), 3/4 teaspoon salt and a few grinds of black pepper together on another baking sheet. Roast on the top rack until the cabbage and apples are golden in spots and tender, 20 to 25 minutes. Remove and toss with dill, if using.

Meanwhile, lay the pork chops between two pieces of [plastic wrap](#) and pound until about 1/4 inch thick. Sprinkle all over with 1/2 teaspoon salt and a few grinds of black pepper. Combine 1 tablespoon of the sour cream and 1 teaspoon of the mustard in a small bowl and brush both sides of each chop with the mixture.

Pour the panko crumbs out onto a plate and press each side of the [pork chops](#) into the crumbs. Generously spray both sides of each chop with cooking spray and place on the rack on the prepared baking sheet. Bake on the lower rack until the pork chops are golden, crispy and cooked through, 6 to 8 minutes, flipping halfway through.

Mix together the remaining 2 tablespoons of sour cream, 2 teaspoons water and the remaining 1 teaspoon each mustard, brown sugar and vinegar. Divide the pork chops and apple slaw among four plates; [drizzle](#) the chops with some of the sauce.

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Time Sensitive

IMPORTANT CONTACT INFORMATION

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Vacant

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****If there is a committee you wish to help with please contact the President so you can be assigned ****

IMPORTANT NUMBERS (have your SS# ready)

CSR Retirees, Inc.

888 808-7197

Fax: 916 326-4364

www.californiastateretirees.org

CSEA Member Benefits

800 952-5283

www.calcsea.org/benefits

CalPERS Headquarters Retired Members

Phone: 888 CalPERS

(or 888-225-7377)

TTY: (877) 249-7442

Fax: (800) 959-6545

Beneficiary

916 326-3848

800 352-2238

www.calpers.ca.gov

Social Security

800 772-1213

www.ssa.gov

Medicare

800 633-4227

www.Medicare.gov